



NEWS RELEASE

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Microwave magic

*By Kay Blakley,
DeCA home economist*

FORT LEE, Va. – A microwave oven is considered a necessity these days, even if you have a fully equipped kitchen. Otherwise, how would you warm up restaurant or dining facility leftovers, or make popcorn, or cook a freezer meal. But, if a microwave oven is the only appliance at your disposal, you might consider yourself limited to those three mundane tasks.

Consider again, my friend! Your microwave oven can produce any number of delightful dishes ranging from chocolate cake and breakfast scrambled omelets to excellent side dishes and sandwiches. It can even turn out some of the easiest fudge you'll ever make.

Perform some “microwave magic” in your quarters with one of our featured recipes. Each and every one has been kitchen tested by yours truly, and family approved at my own dining table. Remember, you can get the ingredients for all of these tasty recipes at your local commissary and save more than 30 percent on your purchase.

There are two recipes listed below. Go to the DeCA Web site at <http://www.commissaries.com> for the complete set of 11 microwave recipes.

Sloppy Joes

Ingredients:

1½ pounds lean ground beef

2/3 cup chopped onion

½ cup diced celery

¼ cup diced green pepper

½ cup ketchup

1 tablespoon Worcestershire sauce

½ teaspoon salt

½ teaspoon pepper

Directions:

- In a 1½–quart microwave safe casserole dish, crumble ground beef, add onion, celery and green pepper.
- Cover and microwave on HIGH 6 minutes, stirring at the 3–minute mark. Drain any fat.
- Stir in ketchup, Worcestershire sauce, salt and pepper.
- Cover and microwave on HIGH an additional 5 to 6 minutes, stirring at the 3–minute mark, until mixture is hot.
- Spoon onto hamburger buns and serve.

“No Grill” Grilled Cheese

Ingredients:

2 slices bread

2 slices American cheese

Directions:

- Toast the bread in a toaster; once toasted, allow bread to stand in the toaster for 45 to 60 seconds to become nice and crisp.
- Lay toast side-by-side on a paper towel paper in the microwave; place a slice of cheese on each one.
- Microwave on HIGH for 10 to 20 seconds, just until the cheese starts to melt.
- Sandwich the two pieces of toast together, and enjoy.

Have it your way:

- Spread the inside of the toast with butter before adding the cheese slices
- Add slices of tomato and onion before sandwiching the two cheese toast slices together
- Spread the inside of the toast with mayonnaise; add a slice of ham or turkey, and a few

slices of green or black olives along with the cheese. Sandwich the two sides together before microwaving

- DeCA-

About DeCA: *The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of more than 30 percent on their purchases compared to commercial prices – savings worth about \$3,400 annually for a family of four. A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America’s military and their families, and help recruit and retain the best and brightest men and women to serve their country.*